



## Deputy commissioner heading to Governor's Office

# Michael Hurst sought to change the culture at ISDH

**W**hen Michael Hurst became deputy state health commissioner at ISDH in November 2001, he saw silos.

He saw people in those silos – compartmentalized and often unappreciated. He wanted to change that culture. He believes he has made progress.

Now, Hurst is moving on. He has been appointed by Governor O'Bannon to be the Governor's deputy counsel and executive assistant for transportation.

"I got a telephone call and I was asked to serve," Hurst said of the new appointment. "It was difficult to say 'no.'"

Hurst, who has a J.D. degree from John Marshall Law School in Chicago, originally came to ISDH as chief counsel to the agency in January 2001 to take on a "shepherding" role on some large legal issues.

"When I came to ISDH, my focus was very legally oriented. I had about 15 years of experience giving legal advice and counsel and protecting clients," he said. Dr. Wilson's later request that Hurst also serve as his deputy took Hurst by surprise.

In announcing Hurst's resignation, State Health Commissioner Greg Wilson, M.D., said, "Michael has done an outstanding job



Photo by Daniel Axler

Michael Hurst

at the agency and he will be deeply missed. His concern and respect for the ISDH staff have made significant, positive changes in the work atmosphere. They know he cares."

Liz Carroll, J.D., has been appointed the new deputy state health commissioner. Carroll currently is assistant commissioner for the Health Care Regulatory Services Commission at ISDH. She will begin her duties on Aug. 4.

Hurst said he has "bittersweet" feelings

about leaving ISDH.

"It's just going to be really hard to leave," Hurst said. "I'll be leaving a lot of good people behind."

Hurst describes himself, with a sheepish grin, as a "feel-good type of person." He likes to do things for people, and he likes for people to feel good about themselves.

"It's hard to work in state government now," he said, alluding to budget cuts and other financial restrictions. "I want to make a difference in how people feel about their jobs and about working in state government."

Hurst doesn't for one minute take the credit for changing the culture at ISDH. Hurst said he took his lead from Dr. Wilson and credited any changes to the staff at ISDH.

"I couldn't do it alone. I was the green light to say it was okay, and a lot of people made it happen. It was a trickle down approach; a group effort," he said. "People felt unappreciated for the decisions they made. I wanted to change the culture so that people worked better with one another and

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## New test receives high marks on "Get Tested for HIV" Day

Some 180 Hoosiers took advantage of the opportunity to get tested for HIV using the new OraQuick rapid testing method during the statewide "Get Tested for HIV" Day June 27. With the new test, results were available to clients within 20 minutes.

ISDH sponsored the HIV test day in conjunction with the national educational campaign that encourages those at risk for infection to seek counseling and testing for the virus.

The free HIV OraQuick tests were available at eight sites across Indiana: Positive Link, Bloomington; Elkhart County Health Department, Elkhart; Allen County Health Department, Fort Wayne; The Damien Center, Indianapolis; Brothers United, Inc., Indianapolis; Indianapolis Urban League, Indianapolis; Indy 2003 African Unity Festival and Cultural Tourism Event, Indianapolis; and Salvation



Army Community TLC Outreach Office, Indianapolis.

Dave Garner, HIV/STD Division assistant director, said he was pleased with the turnout for the statewide HIV day.

"More tests were done on that special day than on other days. The advertising and the availability of the new tests all contributed to the success," he said.

Traditional HIV tests were also available at 50 sites across the state, and 150 persons were tested at these sites, making a total of 330 tests.

Garner said the rapid testing method is an important new step in HIV/AIDS prevention and education and in identifying HIV-infected persons. With the traditional blood test or OraSure oral test, samples are sent out to a lab for testing and the results returned in about two weeks.

"One third of the people who get tested with these tests never come back for their results. They don't know if they're negative or positive,

and they don't take steps to stop the spread of the virus," Garner said.

With the new procedure and blood samples tested on site, Garner says the benefits increase. While waiting the 20 minutes for results, clients are counseled about healthy lifestyles and the steps they can take to prevent getting HIV. If the test results are negative, the person is on his/her way, perhaps with a greater understanding of the risks involved.

If the test is positive, a confirmation test, which takes two weeks to come back, is done, and the person is counseled about treatment possibilities and the importance of lifestyle changes to prevent the spread of the virus.

Peg Ramey, R.N., supervisor of communicable disease at the Elkhart County Health Department, one of the testing sites, agreed that the new test is a step forward. She, too, noted that people tested with the traditional method

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# Kids can bike around at Black & Minority Health Fair

In its on-going efforts “to get more Hoosiers more physically active more often,” the Governor’s Council for Physical Fitness and Sports will have bicycles galore at the upcoming Black & Minority Health Fair.

Casey McIntire, the Council’s executive director, said the bicycles will be used to teach bicycle safety to youngsters at the Council’s Health Fair booth Thursday through Sunday. Youngsters will ride bicycles through a safety course, and those who participate will get to keep their bicycle helmets.

“We’ll be teaching bicycle safety, getting kids fitted for helmets, and getting kids fitted for bicycles. The kids will learn about how to behave in traffic and learn about



Photo by Daniel Axler

**Fifth graders** at the Shape Up Indiana “ACES” Day take a twirl in a huge elastic band.

traffic signs,” McIntire said.

“Bicycling is a life sport,” McIntire said. “That’s one of the reasons we’re focusing on it at the Health Fair.”

The bicycles will be put away for a short time on Saturday, and a Nerf mini-tennis court will take its place. From 10 a.m. to 2 p.m. Saturday, youngsters can work on forehand and backhand, maybe topspin and

lob, as they learn how to play tennis – another life sport.

“We’ll also let them win some prizes,” McIntire said.

McIntire said although a large portion of the Council’s activities are for the benefit of young people, there are programs and activities for adults. The Council sponsors several activities for downtown Indianapolis employees and is active in

promoting physical fitness for senior citizens.

In May, the Council sponsored “Shape up Indiana” on National “ACES” Day (All Children Exercising Simultaneously) at the IUPUI track and soccer stadium. Fifth graders across the state were invited to

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## HURST: Division open houses helped break down the silos

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took more pride in their work.”

As examples, Hurst pointed to the alternative work schedule program, an E-Staff initiative for which he was recently thanked by an employee for the opportunity that gave him to spend more time with his family.

He also pointed to the division “open houses,” an idea that was generated by the Employee Incentive Committee. This was a “health fair” approach to employee morale by instituting a series of exhibits from various departments to showcase what they do. Participating departments included Minority Health, HIV/STD, Immunization, Chronic Disease, and External Information Services. Hurst encouraged employees to leave their desks and cubicles – on break or not – and browse through the exhibits.

The response was terrific, Hurst said. “People came away saying, ‘This is really cool. We do this?’”

Hurst said the benefits were twofold: It gave the exhibiting department the chance to share their work and to feel pride in what they do, and it gave the lookers an opportunity to see what was going on outside their “silo.”

When he goes to his new job, Hurst will take his service-oriented approach and his feel-good manner with him “to the next

level, not just one agency.”

Hurst, as the Governor’s executive assistant for transportation, will be the Governor’s liaison for the Department of Transportation, Indiana Toll Road, Bureau of Motor Vehicles, Hoosier Lottery, State Fair, Indiana Gaming Commission, and Indiana Horse Racing Commission. Hurst explained that he will be one of several executive assistants that each oversee a group of agencies. This serves to decentralize the structure and allows the agencies to get more individual attention.

His second working title with the Governor’s Office will be that of deputy legal counsel. Hurst said he hopes to be a positive influence on policy matters for the Governor, and he also is looking forward to getting back to more legal work.

Looking back on his time at ISDH, Hurst recalled something the Commissioner said to him early on. All the state agencies were taking a hard look at their operating budgets and toward the goal of reverting money to the general fund to address the state fiscal crisis. The E-Staff worked hard to accomplish this without affecting individual employees and still maintaining agency core functions.

Hurst said it was late one night, and he and Dr. Wilson had just finished working on some of these issues. He said he looked at

Dr. Wilson and said, “This is a really rotten time to work in state government.”

He said Dr. Wilson looked back at him and said, “No, Michael, this is the best time, because our staff and the people we serve need us now more than ever.”

“I’m really proud of that,” Hurst said. “We did our duty to help the state in a fiscal crisis and at the same time did not hurt anybody.”

He added, “I may have saved money as an administrator, but I think changing the culture is best.”



Indiana State  
Department of Health

**Express**

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## Women's health issues topic of Brown Bags

**S**hould I or shouldn't I? Is it good or is it bad? Whom should I believe? Whom should I trust? Where can I go for information? Who is right? What is right?

These were the questions – and many more – that women were asking after the recent Women's Health Initiative came out refuting the benefits of Hormone Replacement Therapy (HRT). Many women at ISDH were knocking on the door of Barbara Levy Tobey, M.S., director of the [Office of Women's Health](#), seeking answers to these questions.

That gave her an idea.

"I decided there might be a need to do Brown Bag lunches on HRT and on menopause in general," Tobey said. "I wanted to talk about what we know now and what we're waiting to hear from research."

The first Brown Bag was in January in Rice Auditorium.

"We covered lots of different things about women's health issues for those over age 45," Tobey said. "I expected only a handful, but there were 48 who signed up and several people e-mailed me that they would be out of the office that day."

Women brought their lunch and listened attentively to the 30-minute presentation and then they asked questions – lots of questions – for another 30 minutes. Tobey described the session as very interactive.

Tobey talked about perimenopause,

menopause, perimenopausal changes, symptoms of menopause, treatment options, HRT risks and benefits, gynecologic cancer, and the need for women to ask questions and read to educate themselves. In addition, the Office of Women's Health provided folders containing articles and information for the participants.

The success of the first session led to a second session in February, and then a Brown Bag on heart disease followed in April. The April heart disease session featured a Discovery Channel video on the difference in symptoms between men and women and followed three women with heart disease.

The Marion County Health Department got wind of Tobey's Brown Bag discussions and asked her to do something similar for the health department employees, and in May Tobey did an HRT/menopause Brown Bag there.

"There is an ongoing need for aging women to get current information," Tobey said. "Years ago, scientific research was done just on men. They thought of women as little men. They're finding now that there is a definite gender difference on how many drugs react in the male and female bodies."

Tobey added, "That's changing. The National Institutes of Health now will not consider an application for funds for research unless it includes women in the study."

Another outgrowth of the Brown Bags is the "listserve" e-mail that Tobey has set up to send current articles about women's health issues to those who request to be on the list. Anyone interested in being added to Tobey's women's health list may e-mail her at [blevy@isdh.state.in.us](mailto:blevy@isdh.state.in.us).

Because of the positive response to the information on menopause, the Office of Women's Health has added menopause as one of the issues to be covered in its mini-grant program for this year.

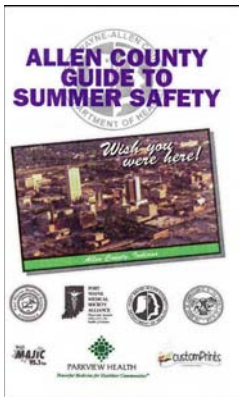
"Because it's so important for women to stay informed, read current information, and ask questions, I always end my talks by saying, *'Put your life in the best of hands: Your own.'*"



Barbara Levy Tobey

Photo by Daniel Axler

## Safety booklet gives tips from mosquitoes to sunburn



The Fort Wayne-Allen County Department of Health had an idea, and then they just went wild with it. What started out as a simple brochure about West Nile virus turned into a 24-page "Allen County Guide to

Summer Safety" that includes, among many other summer safety tips, West Nile virus information.

**T**he 6¾ x 11-inch booklet is a collaborative effort of seven local sponsors, including several medical entities. The health department had 112,000 copies printed, and distributed 108,000 in the June 11 editions of the Fort Wayne *News Sentinel* and the *Journal Gazette*, the city's morning and evening newspapers.

The health department will distribute the

remaining 4,000 copies throughout the summer at fairs, festivals, and speaking engagements, and also will give copies to local officials, non-profit organizations, and neighborhood groups for distribution.

**T**he booklet includes information about helmet safety, "Don't Drink and Drive," ozone, pollen facts, choking, BBQ safety, lead, sunscreen, animal bite and rabies prevention, West Nile virus facts and myths, insect repellants, swimming safety, poison ivy and other contact dermatitis, "We Have a Little Emergency" (WHALE), bullying, tetanus, and Super Shot (free immunization program for kids).

Mindy Waldron, Food Protection Division director and public information officer, said the booklet grew out of a "brainstorming" session to come up with ideas for promoting the West Nile virus education initiative. In the end, the group decided to produce a more comprehensive publication with summer safety tips and information for the entire family on a variety of subjects. A large portion of the booklet is devoted to West Nile virus.

Deborah McMahan, M.D., Fort Wayne-Allen County health commissioner, took the lead in planning and preparing the booklet and wrote many of the articles.

The booklet is jam-packed with useful information. Some tips and information from the booklet:

- ★ Wearing a helmet while bicycling can reduce the risk of head injuries by as much as 90 percent;
- ★ Eight young people die each day in alcohol-related crashes;
- ★ To help reduce ozone on high ozone level days refuel your car after sunset;
- ★ Pollen levels for Allen County are available daily on the Fort Wayne-Allen County Department of Health's Web site, [www.fw-ac-deptofhealth.com](http://www.fw-ac-deptofhealth.com);
- ★ Food items are the most common cause of choking in both children and adults;
- ★ When shopping for meats, poultry and other potentially hazardous foods, put them in your shopping cart last, right before you check out.



## BIKES: Council sponsors fitness activities



Photo by Daniel Axler

The climbing wall set up at Monument Circle in May challenged participants.

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participate. There was kick boxing, a fitness obstacle course, dance, and giant elastic bands, as well as Freddy Fever, Boomer from the Pacers, and Spike the Firebird.

Also in May, the Council sponsored National Employee Health and Fitness Day at Monument Circle. Downtowners found local bands, a climbing wall, Indianapolis Colts cheerleaders, and aerobics, as well as about 25 exhibitors around the Circle.

McIntire noted that every year the Council sponsors a senior health and fitness day in LaPorte.

In October, the Council will sponsor "Walk Your Kids to School Day" as part of the national and international event.

McIntire said the Council also is involved in advocacy for creation of trails and greenways, working in conjunction with various agencies such as the Indiana Department of Natural Resources, the Indiana Department of Environmental Management, and the Indiana Department of Transportation.

## Black & Minority Health Fair

### Schedule

**Thursday, July 17**

4 p.m., Opening Ceremony

Olympic track star Jackie Joyner-Kersey

State Health Commissioner Greg Wilson, M.D.

Mexican Consul Sergio Aguilera

State Rep. Bill Crawford

Central Heights Church of Christ  
Acappella Choir

5 - 8 p.m.

Senior Citizens and Persons  
with Disabilities Night

**Friday, July 18: 1-8 p.m.**

**Saturday, July 19: 10 a.m. - 8 p.m.**

**Sunday, July 20: Noon - 8 p.m.**

### Sponsors

Aventis Pharmaceuticals  
ISDH Breast and Cervical Cancer Program  
Central Indiana Cancer Center  
Citizens Health Corporation  
Clarian Health  
Clear Channel Outdoor  
Community Health Network  
ISDH Division of HIV/STD  
Downtown Park and Shuttle  
Eli Lilly and Company  
GlaxoSmithKline  
Indiana Tobacco Prevention and Cessation  
Indianapolis Recorder  
Marion County Health Department  
Martin Center, Inc.  
Radio One  
Roche Diagnostics  
Roche Pharmaceutical, Inc.  
St. Francis Hospital & Health Centers  
St. Vincent Hospitals  
Walgreens  
WISH-TV  
Wishard Health Services

## HIV: Immediate results benefit of OraQuick test

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often just walk away and don't come back for their results.

"With this new test," Ramey said, "when a person is tested and the results – the immediate results – come back negative, that gives us a chance to say, 'Okay, now how are you going to stay negative? What plans are you making?' I think getting the results quickly has an impact. We can see the value of it."

The Elkhart County Health Department, in cooperation with the Minority Health Center, sponsored a Health Fair to promote the statewide HIV day. They gave away hot dogs, key chains, and \$5 Wal-Mart gift cards as door prizes and for people who took the HIV test. There was even a clown making balloon animals.

Ramey said people were asked to sign up for time slots for the test so they wouldn't have to stand in line. She said seven people took advantage of the OraQuick test and about 20

were tested with the traditional method.

Positive Link, a community based organization in Bloomington, also offered the OraQuick test along with the traditional test.

"Ninety percent of those offered the option of tests opted for OraQuick," Rich Hollows, outreach coordinator for Positive Link, said. He said that they did 30 OraQuick tests and two OraSure tests.

"The benefit of the OraQuick test is that you're getting the results immediately. More and more we're seeing that people don't come back for results. With OraQuick, people get the pre-test, test, and post-test counseling all in one sitting. It's really a distinct advantage," he said.

Hollows said that because of the publicity of the statewide testing day, they increased the number of people that would normally be tested by about 50 percent.

ISDH's Garner said that Indiana is one of only 13 states using the new rapid test.

"Indiana is on the cutting edge," Garner said.

## SUMMER SAFETY: Booklet result of collaboration

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"It was a big collaboration of health care entities to help fund it," Waldron said.

Sponsors of the informational booklet are the Fort Wayne-Allen County Department of Health, Board of Commissioners of Allen County, Parkview Health, Fort Wayne Medical Society, Fort Wayne Medical Society Alliance, WAJI radio, and Custom Prints. The sponsors provided funding, advertising, or articles.

Waldron said the response to the booklet has been good, with people calling it a "nifty little educational tool" and asking for copies to hand out at various events.

Waldron said that Parkview Health provided about 90 percent of the funding, as well as the articles on helmet safety and "Don't Drink and Drive." The Fort Wayne Medical Society Alliance contributed an article on WHALE, a program to save valuable time and ensure proper and

efficient treatment for children in the event of an automobile accident, and information on talking to children about bullying. The remaining articles, about 80 percent, were written by the health department, Waldron said.

The booklet was so successful, Waldron said, that they wished they had printed more copies. In addition, the success has led them to consider producing a similar booklet for winter safety tips – if funding is available.